



# St. Mary Orthodox Church

WEEKLY BULLETIN | FEBRUARY 26, 2023

**Tone 4 · Sunday of Cheesefare (Forgiveness)**  
**LENTEN TRIODION: SUNDAY OF THE EXPULSION OF ADAM FROM PARADISE**

## Today's Schedule

9am — Matins  
10am — Divine Liturgy  
11:30am — Forgiveness Vespers  
*Following the service:*  
Coffee Hour, hosted by Group S-Z  
Church School

## This Week at St. Mary's

**Lenten Hours (Online)** | weekday mornings @ 7:15am–8am

### **MONDAY, FEBRUARY 27**

Canon of St. Andrew of Crete, Part 1 | 7pm–8:30pm

### **TUESDAY, FEBRUARY 28**

Canon of St. Andrew of Crete, Part 2 | 7pm–8:30pm

### **WEDNESDAY, MARCH 1**

Presanctified Liturgy | 10:30am–11:30am

Canon of St. Andrew of Crete, Part 3 | 7pm–8:30pm

### **THURSDAY, MARCH 2**

Canon of St. Andrew of Crete, Part 4 | 7pm–8:30pm

### **FRIDAY, MARCH 3**

Presanctified Liturgy | 10:30am–11:30am

Philokalia Book Group | 12pm–1pm

Akathist | 7pm–8pm

### **SATURDAY, MARCH 4**

Divine Liturgy | 10am–11:30am

Adult Catechism | 3pm–4:30pm

Great Vespers with Group Confession | 5pm–6:30pm

### **SUNDAY, MARCH 5**

*Sunday of Orthodoxy*

9am Matins, 10am Divine Liturgy

Church School | 11:45am–1pm

Sunday of Orthodoxy Vespers | 5pm–6:30pm @ Ss.

Constantine & Helen

## **UPCOMING** *Services, holidays, and other events farther down the calendar* .....

**Newly-Planted Fellowship Potluck** | Saturday, Mar. 11  
following Vespers

**OCMC Soup Luncheon** | Sunday, Mar. 19 at coffee hour

**Parish Council** | Monday, Mar. 20 @ 7pm–9pm

+ **ANNUNCIATION** + | Saturday, Mar. 25

**St. Mary's Nats Game Outing** | Sunday, May 21

Visit [stmaryorthodox.org/calendar](http://stmaryorthodox.org/calendar) to stay updated on parish events and service times.

**St. Mary Orthodox Church** | Parish Priest: Fr. David Subu | Parish Council President: Chris Grindstaff

7223 Roosevelt Ave, Falls Church, VA 22042 | 703.280.0770 | [stmaryorthodox.org](http://stmaryorthodox.org)

## HYMNS OF THE DAY

*Tone 4. Troparion of the Resurrection*

WHEN the women disciples of the Lord \* learned from the angel the joyous message of Thy Resurrection, \* they cast away the ancestral curse \* and elatedly told the apostles: \* “Death is overthrown! \* Christ God is risen, // granting the world great mercy!”

*Tone 4. Troparion of the Parish*

TODAY the faithful celebrate the feast with joy \* illuminated by your coming, O Mother of God. \* Beholding your pure image, we fervently cry to you: \* Encompass us beneath the precious veil of your protection. \* Deliver us from every form of evil, \* by entreating Christ, your Son and our God, // that He may save our souls!

**Gloria.** *Tone 6. Kontakion from the Lenten Triodion*

O MASTER, Teacher of wisdom, \* Bestower of virtue, \* Who teach the thoughtless and protect

the poor, \* strengthen and enlighten my heart! \* O Word of the Father, \* let me not restrain my mouth from crying to You: \* “Have mercy on me, a transgressor, // O merciful Lord!”

**Both now.** *Tone 3. Kontakion of the Parish*

THE Virgin is present today in the Church \* And with the fellowship of saints she prays to God on our behalf. \* The angels and the bishops worship! \* The apostles and the prophets make glad! // For the Theotokos makes supplications for us to the everlasting God!

## PROKEIMENON

**In the eighth tone:** Pray and make your vows / before the Lord, our God!

∇ *In Judah God is known; His name is great in Israel.*

## EPISTLE Romans 13:11–14:4

*Brethren*, now our salvation is nearer than we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk honestly, as in the day, not in revelry and drunkenness, not in debauchery or wantonness, not in strife and envy. Rather, let us clothe ourselves with the Lord Jesus Christ, and in fulfilling the needs the flesh, transform them not into lust. Receive them that is weak in the

faith, not disputing over opinions. For one believes he may eat all things, but another who is weak eats only herbs. Let not him that eats despise him that does not eat, and let not him that eats not cast judgement on him that eats; for God has received him. Who art thou to judge another man’s servant? It is before his own master that he stands or he falls. Yes, he shall be made to stand, for God is able to make him stand.

**Alleluia** in the sixth tone:

∇ *It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!*

∇ *To declare Thy mercy in the morning and Thy truth by night.*

**GOSPEL** Matthew 6:14–21

*THE Lord said:* “If you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

**COMMUNION HYMNS**

Praise the Lord from the heavens! Praise Him in the highest!  
Alleluia, Alleluia, Alleluia!



*At the conclusion of Divine Liturgy, please join us for Forgiveness Vespers and the Rite of Forgiveness, where we will share in mutual forgiveness for one another.*

**GENERAL LENTEN SERVICE SCHEDULE**

*Extra services you can attend this Lenten season*

**Presanctified Liturgy**

- Wednesdays @ 7pm–8:30pm, *followed by the Lenten Potluck Dinner*
- Fridays @ 10:30am–11:30am

**Akathist** | Fridays @ 7pm–8:30pm

**Lenten Hours** | Weekdays, online @ 7:15am–8am

**Saturday Divine Liturgy** | Saturdays @ 10am–11:30am

# Parish News & Announcements



**Birthdays** Irina A., Tanya D., Jonathan J., Emilia J., Renee L., Clara M., Tep R.

**Namedays** Rafael A., Libby H.

**Anniversaries** Evan & Susan F.

***Great Lent begins tomorrow. Good strength!***

**Sunday of Orthodoxy Vespers (next Sunday, Mar. 5 @ 5pm)** — Sunday of Orthodoxy Vespers will be held at Ss. Constantine & Helen Greek Orthodox Church (721 Norwood Rd, Silver Spring, MD), on March 5th at 5pm. The service will be followed by a speaker will be Dr. Lewis Patsavos, Professor of Canon Law emeritus at Holy Cross Greek Orthodox School Of Theology. His topic will be The Triumph of Orthodoxy: its Peril and Challenge.

**Connect with the parish at the Connections Corner** — Stop by the Connections Corner in the fellowship hall during coffee hour to check out our ministries, newsletter, or meet a couple friendly faces. Great for visitors, inquirers, or if you just want to get more involved at church.



Next week's coffee hour host (Mar. 5): **Group A-D**



## Are you visiting? Welcome to St. Mary's!

We're delighted that you've joined us! Please feel free to watch, participate, or ask the person next to you if you have any questions. Here are a few things you can do to get acquainted with us:

- sign the **visitor's log** at the entrance of the church (called the "narthex")
- check out the **Connections Corner** in the fellowship hall to learn more about us, Orthodoxy, pick up a copy of our **newsletter** and **ministry brochure**, and meet a few friendly faces

We try to avoid entering or exiting the nave during readings, processions, or the sermon. Please note that to receive Holy Communion in our church, one must be baptized Orthodox, recently-confessed, and at peace with one's fellows. At the end of the service, everyone is welcome to come up to kiss the Cross, greet the priest, and receive blessed bread.

**Please join us for coffee hour downstairs in the fellowship hall after liturgy. We'd love to meet you!**